**Discussion**

**N-Acetyl-Cysteine (NAC)** As a source of the conditionally essential amino acid cysteine, NAC is a precursor to glutathione—a tripeptide active in detoxification and antioxidant systems. Research suggests that NAC hinders the formation of free radicals that can contribute to oxidative stress in the brain.*

**Phosphatidylserine** A phospholipid that is highly concentrated in the brain, phosphatidylserine (PS) plays a key role in neuronal energy production and communication. We must synthesize the PS we need for brain health as very little is found in food. Also, supplementation can help maintain normal levels in the brain and support those functions dependent on this vital phospholipid.[2-4] For some individuals, changes in brain function may be related to “age-related decline in nutrition,”[5] and early nutrition intervention may be warranted. 360 Brain Food contains safe-source PS from non-GMO soy and contains no animal products.*

**Acetyl-L-Carnitine (ALCAR)** The ALCAR form of the amino acid L-carnitine is found to have multifaceted roles in supporting nerve health.[6] It is able to cross the blood-brain barrier where it stabilizes cell membranes, provides antioxidant support, and helps maintain brain cell health.[7-9] In addition, ALCAR supports neuronal energy production, facilitates transport of fuel and waste products into and out of mitochondria, and supports production of acetylcholine, a neurotransmitter essential to the processes of learning and concentration.*

**Alpha-Lipoic Acid** Having both fat- and water-soluble properties, alpha-lipoic acid provides intracellular and extracellular protection against oxidative stress. With its low molecular weight, alpha-lipoic acid is easily absorbed in the gastrointestinal tract. It then enters circulation, crosses the blood-brain barrier, and reaches the brain where it can support antioxidant activity and regenerate glutathione, vitamin E, and vitamin C.[11,12]

**Coenzyme Q10 (CoQ10)** CoQ10 plays a pivotal role in energy generation because it transports electrons in the mitochondrial electron transport chain. CoQ10 also donates electrons, helping to protect the brain from oxidative stress and further supporting neuronal cell health.[13]

**Broccoli Seed Extract** The patented form of the phytochemical in broccoli called glucoraphanin (SGS™) is a key ingredient in 360 Brain Food. Extensive research suggests that when glucoraphanin is enzymatically converted to sulforaphane (its active form), it safely and effectively supports the Nrf2 system, antioxidant systems, and vital phase II detoxification enzymes.[14,15] This process provides protection from common toxins and xenobiotics.*

**DHA (docosahexaenoic acid)** A conditionally essential fatty acid, DHA is the main polyunsaturated fatty acid in the brain. DHA supports the structure and function of brain cell membranes, and hence plays a fundamental role in neuronal communication.[16] Studies suggest that DHA is found to support the biosynthesis and accumulation of PS in neuronal and glial cells as well.*

**Vegan Protein Blend** 360º Medicine’s proprietary pea/rice protein blend Vegan Protein Blend is coupled with Aminogen® to facilitate protein digestion and absorption, and is lactose free. Amino acids from protein metabolism provide the precursors needed for neurotransmitter production.*

**Micronutrients** 360 Brain Food adult formula contains additional micronutrients for neurosupport, including magnesium, calcium, phosphorus, vitamin D3, vitamin E (as mixed tocopherols), and activated B vitamins riboflavin 5’-phosphate (B2), pyridoxal 5’-phosphate (B6), methylcobalamin (B12), and 5-methyltetrahydrofolate (folate). 5-MTHF (5-methyltetrahydrofolate) supports healthy folate nutrition, especially in those with genetic variations in folate metabolism. In 360 Brain Food, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.[18] In addition, two scoops of 360 Brain Food adult formula provide the same amount of NAC, PS, ALCAR, alpha-lipoic acid, CoQ10, and glucoraphanin as eight capsules of Neuro Advance.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Directions

Blend, shake, or briskly stir two scoops (43 g) into 8-12 oz chilled water and consume once or twice daily (two servings maximum per day), or as directed by your healthcare practitioner. Adjust amount of water to desired sweetness and thickness.

Cautions

Consult your healthcare practitioner before use. If receiving cancer treatment, check with your treating physician. Keep out of reach of children. Avoid if allergic to any ingredient.

Typical Amino Acid Profile Per Serving:

<table>
<thead>
<tr>
<th>Amino Acid</th>
<th>Glycine</th>
<th>Tyrosine</th>
<th>Lysine</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>758mg</td>
<td>722mg</td>
<td></td>
</tr>
<tr>
<td>Lysine</td>
<td>1368mg</td>
<td>2185mg</td>
<td></td>
</tr>
<tr>
<td>Valine</td>
<td>1062mg</td>
<td>1045mg</td>
<td></td>
</tr>
<tr>
<td>Leucine</td>
<td>1596mg</td>
<td>78mg</td>
<td></td>
</tr>
<tr>
<td>Isoleucine</td>
<td>855mg</td>
<td>Proline</td>
<td></td>
</tr>
<tr>
<td>Cysteine</td>
<td>190mg</td>
<td>Methionine</td>
<td>209mg</td>
</tr>
<tr>
<td>Threonine</td>
<td>741mg</td>
<td>Histidine</td>
<td>475mg</td>
</tr>
<tr>
<td>Alanine</td>
<td>817mg</td>
<td>Arginine</td>
<td>1663mg</td>
</tr>
<tr>
<td>Serine</td>
<td>1007mg</td>
<td>Glutamine</td>
<td>3220mg</td>
</tr>
<tr>
<td>Arginine</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

References


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